

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(5) HOT TURKEY SANDWICH (3) Mashed Potatoes (17) with Turkey Gravy (2) Green Beans (5) Whole Wheat Bread (10) Pumpkin Fluff (19)</p>	<p>(6) BBQ CHICKEN LEG QUARTER (18) Redskin Potatoes (23) Corn (21) Whole Wheat Bread (10) Chocolate Pudding (27)</p>	<p>(7) OLD-FASHIONED MEATLOAF (12) Mashed Potatoes (17) Mixed Vegetables (10) Bite-Sized Peaches (12)</p>	<p>(8) HAM (1) Candied Sweet Potatoes (43) Green Beans Almondine (6) Whole Wheat Bread (10) Pineapple Mandarin Orange Cake (41)</p>	<p>(9) BEEF BARLEY SOUP (20) Parmesan Brussels Sprouts (7) Honey Wheat Dinner Roll (14) Bite-Sized Peaches (12)</p>
<p>(12) HUNGARIAN PORK CHOP (6) Scalloped Potatoes (21) Spinach (4) Whole Wheat Bread (10) Fresh Clementine (9)</p>	<p>(13) BREADED POLLACK (16) Ranch Mashed Potatoes (17) Cauliflower & Broccoli with Cheese Sauce (6) Whole Wheat Bread (10) Mandarin Oranges and Pineapple Chunks (20)</p>	<p>(14) CHICKEN & DUMPLINGS (23) Mixed Vegetables (10) Honey Wheat Dinner Roll (13) Sugar Cookie (16)</p>	<p>(15) CABBAGE ROLLS (17) Parsley Boiled Potatoes (12) Stewed Tomatoes (15) Whole Wheat Bread (10) Fresh Orange (0)</p>	<p>(16) FALL APPLE SALAD (38) Orange Juice Cup (17)</p>
<p>(19) BAKED PORK CHOPS (2) Loaded Potatoes (16) Broccoli Florets (4) Whole Wheat Bread (10) Apricots (15)</p>	<p>(20) CHI CHI CHILI (22) Saltine Crackers (5) Oven-Baked Potato (33) Wax Beans (5) Apple Slices and Caramel Dip (25)</p>	<p>(21) GRILLED CHICKEN BREAST SANDWICH (29) Creamy Mac-n-Cheese (15) Colorful Peas and Carrots (9) Banana (27)</p>	<p>(22) CHOP SUEY (13) OVER BROWN RICE (16) Prince Charles Blend Vegetables (5) Whole Wheat Bread (10) Peanut Butter Cookie (14)</p>	<p>(23) CRISP CHICKEN FINGERS (11) Tater Tots (17) Garden Green Peas (11) Whole Wheat Bread (10) Strawberry Mango Slushie (5)</p>
<p>(26) MEATBALL STROGANOFF (18) Buttered Noodles (13) Glazed Carrots (10) Whole Wheat Bread (10) Diced Pears (17)</p>	<p>(27) SAUCY VEAL PARMESAN (23) OVER SPAGHETTI (20) Green Beans (5) Hawaiian Roll (19) Pineapple Orange Delight (32)</p>	<p>(28) BEAN & HAM SOUP (25) Diced Carrots (7) Bread Pudding (55) Low-Sodium V-8 Vegetable Juice (6)</p>	<p>(29) GARLICKY CHICKEN (16) Parsley Boiled Potatoes (12) Scandinavian Blend Vegetables (7) Whole Wheat Bread (10) Chocolate Cake with Whipped Frosting (42)</p>	<p>(30) PEPPER STEAK (10) Steamed Brown Rice (16) Broccoli Florets (4) Whole Grain Dinner Roll (23) Grape Juice Box (20)</p>

All Meals at the Activity Centers served with Fat-Free Milk (13)
 (Number next to the menu item indicates grams of carbohydrate.)

SALAD/SANDWICH MENU

OCTOBER 2020

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 10-5 THRU 10-9-20) <u>GRILLED CHICKEN SALAD</u> Crispy Chicken Marzetti Buttermilk Dressing Multi-Grain Dinner Roll</p>	<p>THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK</p>
<p>(WEEK OF 10-12 THRU 10-16-20) <u>FALL APPLE SALAD</u> Diced Chicken Gala Apple Slices Dried Cherries Walnuts Swiss Cheese Poppyseed Dressing Multi-Grain Dinner Roll</p>	<p>THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK</p>
<p>(WEEK OF 10-19 THRU 10-23-20) <u>PEAR SALAD</u> Celery Carrots Swiss Cheese Pears Pecans Baby Lettuce Mix</p>	<p>THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK</p>
<p>(WEEK OF 10-26 THRU 10-30-20) <u>ALOHA SALAD</u> White Meat Chicken Pineapple Mozzarella Cheese Onion Lettuce Green Goddess Dressing Cottage Cheese</p>	<p>THERE WILL NOT BE A SANDWICH CHOICE THIS WEEK</p>

All Salads and Sandwiches served with
 Dessert and/or Fruit of the Day and Fat-Free Milk